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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

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SAVE FATS FOR BULLETS!

It is imperative that all fats be put to full kitchen usage before going to salvage. This is to be accomplished by kitchen rendering and utilizing fully all fats and cracklings.

The method of rendering depends upon the equipment available. For all methods, freshly trimmed fat should be cut into small evenly sized pieces or ground through the coarse plate of a food chopper. The size of the utensil will depend upon the amount to be rendered.

The freshly trimmed fat should be rendered daily and used daily. The methods of rendering are: (1) Top of stove; (2) Oven; (3); Steam-Jacketed Kettle; (4) Deep Fat Fryer.

For methods 1, 2, and 3, cover the bottom of the pan, pot or kettle with water, add fat, cover, heat, and stir occasionally. When water evaporates, pour off the fat as it accumulates to prevent scorching fat; pass through a collander lined with a clean cloth. Filter when filter is available and press the remaining fat from the cracklings and strain.

For method 4, place the chopped or ground fat in a fine mesh basket and fry out fat at 250 to 300°F. Dip or pour off fat as it accumulates and strain through filter. Use this fat for surface or shallow frying, pastries, breads, and griddle cakes. Use the cracklings as fat for stews or gravy base or use in crackling breads or for kitchen-made soap.

For deepfat frying use frying temperature of 380°F or approximately ten degrees lower than for vegetable fat to prolong frying life of fat. To fully utilize the fat for deep frying, keep fryer clean and strain fat each time used. Replace the fat absorbed into the fried food by adding fresh fat as needed. The fresh fat added regularly helps increase frying life.

When the fat in the fryer starts to foam excessively or gets very dark, continue frying for that meal and discard the fat for soap-making or salvage. Collect this broken-down fat in No. 10 cans and hold for salvage pick-up.

It is not necessary to discard fat after frying fish. Either hold for additional cooking of fish or clarify by straining, cleaning the kettle and cooking a half basket of quartered potatoes and use for additional fish frying. (over)

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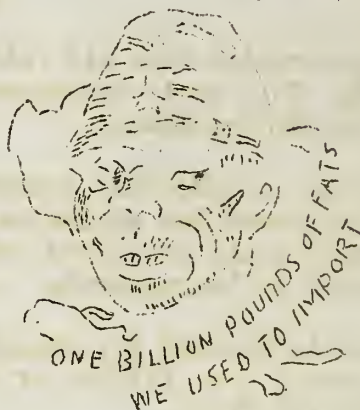
Skim off surplus fats from soups, stews and gravy and evaporate off the water, then use for cooking or soap-making purposes.

For light stock, cook all bones from which meat has been trimmed closely and skim off all fat.

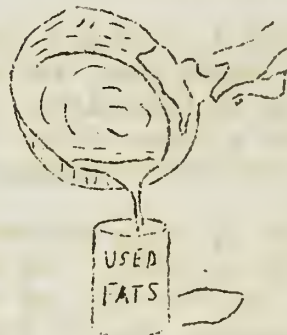
From brown stock, brown bones slightly before cooking. Pour off the fat and use the browned bones for brown stock for gravy and brown stews.

Dry drained cooked bones can be put into corrugated paper cartons or suitable containers and turned over to salvage or rendering works.

Because the Japs
still hold this...



We've got to keep
doing this...



Until we can
do this...

